

▼ F E B R U A R Y • 1 9 9 5

Free on the Street

Joseph Desjarlais is one of the lucky ones who live in the inner city & are happy

Spare Change

Helping People Help Themselves

▼ P L E A S E B U Y F R O M B A D G E D V E N D O R S O N L Y

P H O T O • C A L K E N N E D Y



Good Days Bad Days

Down to the inner city when you're not well

6

COPING WITH MENTAL ILLNESS

► YOUR VENDOR PAYS UP TO 50¢ PER COPY OF SPARE CHANGE • SOLD BY DONATION



Hidden victims of violent crime

Victims and their families are often isolated and ignored by a system at odds with their needs. Lucy Johnston of Britain's *Big Issue* magazine talked to one mother particularly devastated by crime.

Jonathan Mangat, 21, was killed cycling in London, England. His mother, Christine, was not told about her son's death until 7 pm the next day.

"When the two policemen came to the house and told me that they had very bad news, I immediately thought to myself, 'Which one is it?' My daughter, my son Jonathan and my husband were all out. But one officer said that my son 'Colin' had collided with a lorry on his motor bike, that Colin was a dispatch rider and that I hadn't seen him for a long time. Then he said, 'I'm afraid he died of his injuries.'

"I told him I didn't have a son called Colin, that my son had a bicycle, not a motor bike, is not a dispatch rider and that I see him every weekend. He asked if he could use the phone, then came back and said, 'Sorry, my mistake, it was your son Jonathan.' Those were his exact words.

"I still thought there may be some mix up - Jonathan was a very experienced cyclist. When I demanded to go to the hospital to see the body, the response was, 'You can't do anything until Monday morning.' I couldn't believe someone was saying I couldn't identify my own child's body, when there was such massive confusion about whether it was him.

"I said to the policemen, 'Can you please get out of my way. I am now going to the hospital.' I picked up my jacket, making it perfectly clear I was going whether I had permission or not. One of them then asked if he could call the coroner's office.

"He did this, then told me I would have to wait for clearance before I would be allowed in. I didn't get this until 3 am the next morning - eight hours after I had been told about the accident. If the police had been straight about their facts it would have made all the difference.

"My husband and I got to the hospital and a young policeman there expressed his sympathy. He was very sensitive, unlike the other two who I felt were very official and stand-offish.

"I walked to the mortuary, which was quite a way. It was the most terrible experience of

my life. It was like going to my own death, or the thing I most desperately dreaded in the whole world.

"They had made sure Jonathan was in an acceptable state for me to see. When I realised it was him, the whole world just went quiet. Everything slowed down. I was utterly devastated.

"Afterwards, I was never told the circumstances of death or if charges would be brought against the driver. The police consider that this is not your business. I asked whether there were any witnesses, but they didn't divulge anything. Trying to discover what happened to your child makes you feel you're committing some kind of offence. They don't want an inquisitive parent. It's a nuisance.

"As time went on and I still received no information from the police I found it was incumbent on me to call and pursue them for information.

"The inquest was delayed, but when it was heard seven months later, a witness stated the lorry driver had overtaken Jonathan and dangerously cut him off. I felt, on

the basis of what that witness said, that the driver had caused Jonathan's death. But, because of the incompetence of the authorities, he has never had to answer that charge. The driver never had to answer to anything. He even refused to give information at the inquest, using his legal right to silence.

"It was such a mess that I got a case together with my own solicitor and filed it with the Police Complaints Authority. Over two years later, the investigation findings came back, together with an apology. They concluded that the police did make errors, and criticised the inspector in charge for failing to keep us informed during the investigation, but they did not accept responsibility for the delay.

"The police should have given us information about organisations that help bereaved families, but there was no offer of support or counselling. Victim Support didn't take us on. They deal mainly with victims of crime, and it's up to the individual agencies to decide whether they want to take on the family of a road-death victim."

From *The Big Issue*, London's street magazine. ♦



Housing for "rough sleepers" in London

The British Department of Health has ordered a report criticizing the 20 million pound (\$46 million dollars) Government initiative to help mentally-ill rough (street) sleepers to be rewritten.

The report by a community psychiatrist was critical of aspects of a four-year-old Homeless Mentally Ill Initiative, and of other Government policies affecting homelessness. In 1990, after pressure from Tory MPs over the number of mentally ill people sleeping rough (outside) in central London, the Government announced its plan to plough millions of pounds into care and resettlement. The policy had three strings: key teams of careworkers who make contact with mentally-ill homeless people; specialist hostels; and 750 permanent homes with care provision. The contact teams have been widely praised but none of the permanent housing has ever materialized and the target has been reduced to 200 homes.

A member of one of the teams based in central London expressed concern that the report was being "white-washed". He said: "When we see people their main priority is not to receive treatment but to get a permanent home. Any homeless initiative which doesn't provide homes isn't really likely to succeed."

From *The Big Issue*, London's street magazine. ♦

U.S. cracks down on homeless

Of the 49 major cities in the United States, 62 per cent have enacted or enforced anti-panhandling laws this year.

One-fourth of the cities either conducted police sweeps of shopping districts or 'trendy' neighbourhoods, restricted homeless people's use of public places or targeted them for arrest. Some cities went so far as to enforce zoning or building codes to shut down homeless service providers or prevent the opening of new service centres.

"For many cities, doing something about homelessness has increasingly meant doing something to homeless people instead of doing something to address their plight," said one researcher.

In Santa Monica, which also bars homeless people from sleeping in any public place, they have moved to block private citizens from distributing food to the hungry in public. They also have put a prohibitive cap on spending for services to the homeless.

In San Francisco, there are rumours that there have been death threats against some homeless individuals by San Francisco's 'Finest'. Some individuals have reported they have been taken to deserted tracts of land and dropped off there, while being told that they could just as easily have been killed before being left there. Who is watching the watchmen?

From an article by Moshe Dean in *Spare Change*, New England's Journal of the Streets, Cambridge, Massachusetts. ♦



"I HAVE NEVER BEEN MORE IMPRESSED WITH A COMPANY, BOTH WITH ITS SERVICE AND THE QUALITY OF THE PRODUCTS IT OFFERS."

\$4.95/300 g

Bridgehead is about caring, there is *warmth* in every purchase.

DRINK RICH & DELICIOUS MOUNTAIN-GROWN COFFEE.

Order from a wide range of flavourful coffees produced by unions and co-ops. Your purchase of **Oxfam Canada's Bridgehead Coffee** also benefits the **Spare Change** newspaper. All *Bridgehead Coffee* is vacuum-packed to preserve that 'roaster fresh' flavour. To place your order: Call **The Centre for International Alternatives** in Edmonton at **439-8744**. Or **The Arusha Centre** in Calgary at **270-3200**.

Kassandra Caldwell



RICHES

I was a poor child in many ways. I suffered incest at the hands of many people in my immediate and wider family. The larger family grouping, about 50 people in a tiny hamlet just north of Edmonton, scapegoated me cruelly. The whole town was owned by Dad's wicked family and almost none of the people who abused me accept my pain as legitimate.

My uncle abused me while my mother listened in the next room. She listened and watched while I was sexually accosted by six other grown men. My father charged one of the men and the man went to jail. But Dad's family was even worse than my mother's. Eight of Dad's older nephews molested me when I was little, each of them doing it many times. For these abuses Dad's family then ostracized me and made fun of me.

I was worth nothing and I knew it. I was depressed and felt hopeless. At age 24 I began to see therapists and, over thirteen years of help, I came to understand that to heal I must get angry at the abusers. I could not get angry, so I stayed depressed. But if I had money, I reasoned, everyone would finally respect me.

I set out to become an instant millionairess by marrying a man with money. I did marry, twice, each time to a good financial catch. But the second marriage brought me more than I had envisioned.

What does it feel like to sell **Spare Change**?

Given my experience, the transition from a comfortable six-figure income, to living in stark subsistence on welfare, and then to some comfort selling the newspaper, it can be very difficult.

TO RAGS

I fell apart and could not develop goals to get me ahead. I was depressed. Nothing seemed worth it. Then I began to experience angry feelings as never before, and since then there has been no looking back at my great depression. However, I still often feel my life is hopelessly out of control, and it is the hopeless feeling that led me to a spiritual life, and to letting go to my Creator. In the Alcoholics Anonymous program I have found solutions to the problem of free-floating anxiety.

But four years of therapeutic anger left me afraid to go out of doors, in case someone angered me. I knew I would overreact to almost anything. I dreaded going to work, since the same people I saw every day might criticize me. The dread of it caused unbearable pain. I would do anything to avoid it, even quit or get fired.

Last April the solution seemed to be a mental hospital. I would admit myself until I had worked out what was bothering me. I could not take a job, could not pay my rent, and could not see myself doing anything past the end of the month. A blank future was hor-

rifying. But when I called the hospital they sent over a crisis team, who believed I was doing well at healing myself. With their help I got assistance through welfare. I was safe, but for the last eight months on welfare I had to visit foodbanks. I suffered being on welfare, but I have toughened too. No longer am I the 'tragic figure' I once cultivated. For the first time in my life, by being honest and humble, I made friends with some of the best people I have ever met.

I still need money, so I sell the newspaper on the streets. It was not easy to sell a paper about poor people out in the open. But I am glad and hopeful when I sell **Spare Change**. I am not a rich office worker like the people who pass me, but I am making enough to buy some necessities. The noise and the busyness makes me feel safe. And I now live life on my terms. ♦



Husband number two was a broke lawyer with a small practice. He begged me to work in his office. I brought my computer equipment into his office and, in the first month, we made \$16,000, \$4,000 more than his previous best. By my fourth month we made \$25,000. But he did not tell me that he had emotional problems with finances. Despite our income he refused to pay creditors. I quit

working on the books. He wanted an agreement giving me half the business. He lost more money and yet, when I went back to clean up the books, I found that our income had again tripled. My work contributed a lot to earning over \$300,000 a year but my husband insisted I had not contributed at all. He stole my financial self-worth. I left him. That was four years ago.

**Spare
Change
Authorized
Vendor**



Vendor Name _____
Number _____
Authorized by _____

SPARE CHANGE VENDOR'S CODE

- I will be sober at all times while working
- I will be polite to all members of the public
- I will vend only in areas that are authorized

All **Spare Change** vendors are required to wear an ID badge (contents above) and abide by a code of conduct. If you have any comments about our vendors, phone our distribution manager in your city (see page 5).

LETTERS

Some nice notes to *Spare Change*

I would like to commend the job of one of your vendors. I'm sorry I don't know his name, but he works in front of the University of Alberta campus Earl's Restaurant.

I enjoy the paper and tell my friends to buy one as well. I will continue to buy the paper from the vendor.

Thanks for this service and I wish the best of luck to all involved. ♦

**S.M. HOFFMAN
EDMONTON**

I am a real believer in your paper and particularly like the new layout. I like your centre page – the October one was best and I like lots of smaller articles. I do have contact with ex-street people and a very little with current street people.

There is tons I do not know, but I am willing to learn. The profiles on your vendors are excellent. As you know, you will never keep everyone happy. Do your best and God bless you. I think you are doing a great job all around. ♦

**CAROLINE LERNER
CALGARY**

I know how it feels to have all my dignity, respect, confidence, beat right out of me, to leave me shaking and scared, just like a dog. Nothing I can say is right, good enough, or even just totally unrealistic. I am nothing – worse than nothing. I can't do anything right. I try and try to hold what I'm feeling inside 'cause if a peep even comes out of my mouth I'm gonna get another kick in the face, and if I yell out in pain, another one will follow that one. In my strange father's eyes, that's the way to sink things into my ugly, thick skull.

It's like my father wants me to be in sync with his every thought, feeling, but I can't read minds. I feel so trapped and scared and tired. I can feel myself, my spirit, slowly dying. I'm starting to become a robot. I can't be myself. I want so much to ask someone if what's happening to me is right, normal or something, 'cause I'm the only kid in school that has a black eye or fat lip or is in a cast every other week. I always have to fight another kid so I have an excuse in the principal's office why I'm always so battered. Why do I keep covering up and lying for my father? Can't anyone see I'm hurting? They just turn their heads like I got what I deserved. I feel so strange – like I'm on the outside looking in.

I have to bust out! I have to fly free 'cause otherwise I'm gonna kill myself pretty soon. I'm getting sick and tired of cleaning up a big mess that never ends. I'm bailing out on this nightmare... I'll take refuge with criminals, sniffers, alco-

Pulling back from being beaten into the street

holics, bums, anyone. Anything is better than being an insane man's puppet.

Well, I did hit the streets, I left that house. I've done a lot of things I'm not proud of as I grew up on the streets and in institutions. I still got beat up, mostly by the police. I've lived a hard life. I hurt a lot of people and burned a lot of people. I never really wanted to be on the streets but it was

my only escape. It was my only choice, to be free, so I had to learn the ways of the street, and fast. I learned to exist in this backwards society.

All the beatings I took made me more of a coward than a great big, heartless wrecking machine. So I always ran with a pack of misfits like myself, always carried a weapon. Thrash or be thrashed was how I had to live. All my girlfriends were hoes, prostitutes... whatever.

I don't even remember a sober day. I remember always sitting in the alley with the alley whacker's pipe in my mouth, free basing up another day's earnings while they're playing X's and O's with their blood out of the syringe.

Now I'm changing, big time, and for the better. I'm sure glad I survived. I guess maybe there is a higher purpose for my existence on this planet, but if I did not live my life the way I did, I probably would not be so willing to make my life a lot better and learn new things with an open mind. Yeeeahhh. Peace. ♦

From a participant of The Back Door, a Calgary youth employment program.

Youth recovering from violent childhood



Edmonton's Food Bank feeds up to 10,000 Edmontonians in need every month. Up to one-third of these people in need are children under 12 years of age. Please help the Food Bank ensure that they don't go hungry.

FOOD BANK SHOPPING LIST

- | | |
|--|---|
| <input type="checkbox"/> Beans with Pork | <input type="checkbox"/> Canned Fish/Meat |
| <input type="checkbox"/> Macaroni & Cheese | <input type="checkbox"/> Dinners or Pasta |
| <input type="checkbox"/> Baby Food | <input type="checkbox"/> Peanut Butter |
| <input type="checkbox"/> Powdered Milk | <input type="checkbox"/> Soup |

Monetary donations also gratefully received. Food donation may be left at all Fire Halls or major food stores. For more information on how you can assist the hungry in your community, contact one of the following local Food Banks.



Edmonton Food Bank
(403) 425-4190
Saskatoon Food Bank
(306) 664-6565
Regina & District
Food Bank
(306) 791-6533
Calgary Interfaith
(403) 253-2059

THANK YOU GENTLE READER!

Thank you for buying this issue! Your support helps make a paying job for the person you bought it from!

Hundreds of people have been helping to feed themselves, and their families, by selling this paper. It's great to get this job.

You can help! The costs of producing Spare Change aren't covered by sales alone. Your financial contribution to editing, printing, and distribution will help Spare Change out on the streets.

Help create more jobs! Make a contribution to Spare Change. You'll get a charitable donation tax receipt and the good feeling that you've helped people.

Send your contribution to: **Spare Change**
10527 - 96 Street
Edmonton, Alberta
T5H 2H6

Caring for those with poor health

It is poor health that brings many people down in our society. Very many of the residents of our inner cities are people who suffer from poor health, often poor mental health. Their illness makes it difficult for them to cope with life and take good care of themselves. Poverty pulls these people down to the inexpensive life of the strip and the street.

People with health problems are ending up on the street even more often recently because of the province's drive to cut down its welfare rolls. Bureaucratic regulations and hoops can be tough for someone who has a problem holding things together. Filing an inaccurate report form, being late or missing a report altogether can have disastrous results with social assistance. You can be cut off. Advocating for themselves, or appealing a tough decision, can be an insurmountable challenge for some people. With no home, and no money, very ill people sometimes end up living on the streets.

Over recent years there has been a government policy of "de-institutionalization" or a back-to-the-community focus for mental health care. Hundreds of beds have been closed at Alberta Hospital and other institutions. The former patients have been sent off to live in the community. Many of these people were dumped without adequate community support. They were turfed out with minimal help, to save government money.

"Next thing you know they're running through the mall screaming their heads off," says one former mental health worker. There were good reasons they needed the support and care of institutional living, he says, and when they're back in the community with too little help, they suffer. One former Alberta Hospital resident said he'd break the law to get the help he needed in jail... and he went back to jail. It was the only way left for him to get help.

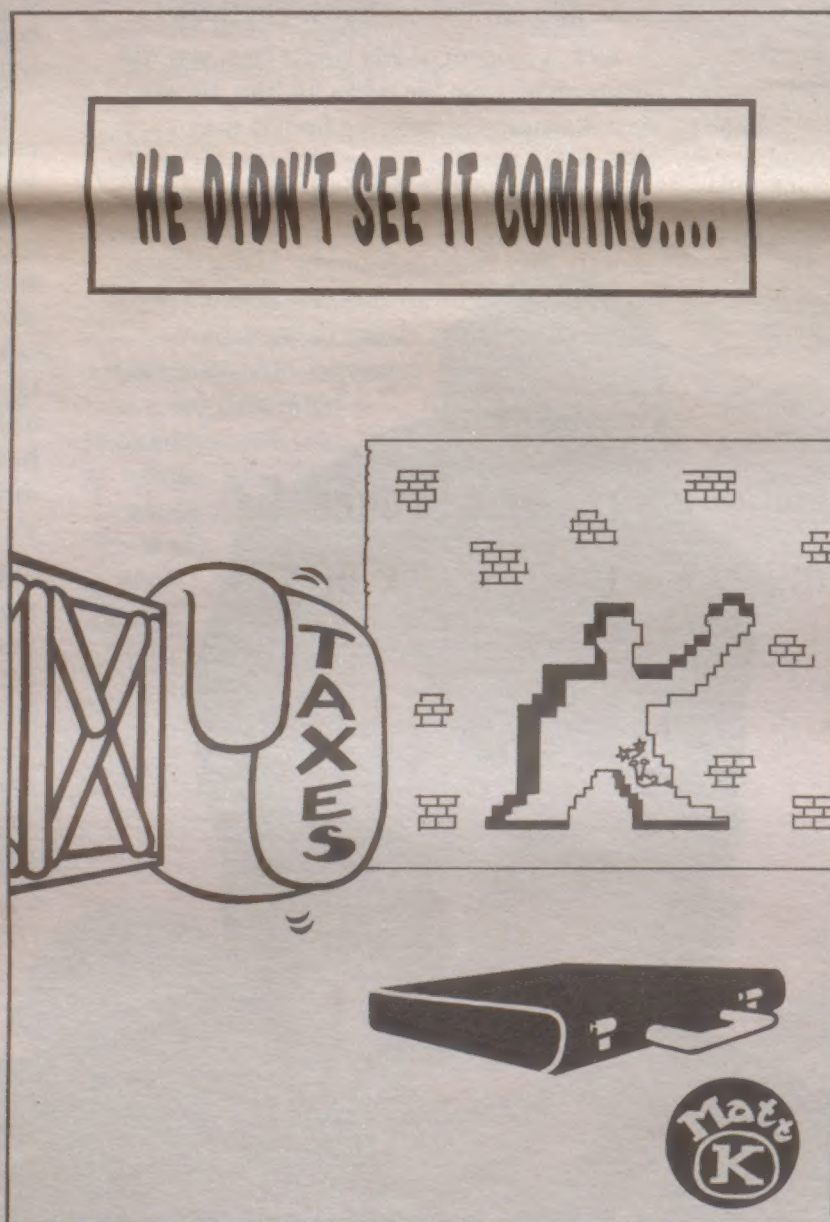
For other people, life has become very unstable. They are back in hospital regularly... getting medication, getting re-balanced, stabilized. Then

they're out again... until something happens and they're back in. It's a revolving door.

Many mental health workers support the community-based approach to care, but say it has to be well-funded. When hospital beds are closed and people are transferred to the community, more of the resources need to be transferred with the people. It can save money, they say, but closing institutional beds without support in the community, just to save money, puts many people in intolerable circumstances.

This issue we have a number of stories of people who face ill health and poverty. Take a look - these are, again, stories of strength and courage. ♦

KEITH WILEY



Spare Change

Helping People Help Themselves

SPARE CHANGE would like to thank these individuals & organizations for their support. These supporters and the organizations that advertise keep this paper coming to you:

BROWN & ROOT

Box 5588, Edmonton, AB. T6C 4E9
Phone 468-1341

B.W. RIG REPAIR & SUPPLY

9305-27th Avenue, Edmonton, AB. T6N 1C9
Phone 463-8686

C.N. EAVESTROUGHING

9404 - 58 Avenue, Edmonton, AB. T6E 0B6
Phone 436-1100

DEL CY WALKER INTERIOR DESIGNS

2613 17 Street, Calgary, AB. T2T 4N2
Phone 229-4075

FACTORY DIRECT HOTTUBS

1502 Meridian Road NE, Calgary, AB. T2A 2N9
Phone 273-4746

IMAGE AUTO CLEAN

Bay 8 - 8 Reil Drive, St. Albert, AB. T8N 5C8
Phone 458-9590

L.A. VENTURES INC.

Box 3417, Leduc, AB. T9E 6M2
Phone 986-8821 or 425-6566

MILES IMPORT CAR REPAIR

10375 - 59 Ave, Edmonton, AB. T6H 1E7
Phone 435-6044

NATIONAL CONCRETE ACCESORIES

14305 - 128th Avenue, Edmonton, AB. T5L 3H3
Phone 451-1212

OAK FACTORY

6817 - 104 Street, Edmonton, AB.
Phone 437-2299

Our thanks also go to the many readers who filled out our survey on just who is buying **SPARE CHANGE**, and just what they enjoy about the paper. Your effort will help us to produce a better paper. ♦

5

SPARE

CHANGE

FEBRUARY

1995

Spare Change

Helping People Help Themselves

Publisher: The non-profit organization who distribute Spare Change
Production Manager: Gord Poschwatta
Editor: Keith Wiley
Proofreader: Megan Collins
Design & Layout: Jang & Willson Design

FEBRUARY 1995 • VOLUME I • NUMBER II

EDMONTON:

The Bissell Centre
10527-96 Street • Edmonton • AB • T5H 2H6
Phone: 423-2285 • Ext. 47 • Fax: 429-7908

Spare Change is published to provide a voice and employment for people who have no spare change. **Spare Change** gratefully acknowledges the inspiration and support of Michael McCarthy and Vancouver **Spare Change**. However this publication is not officially associated with any other publication. Opinions

CALGARY:

Calgary Urban Project Society (CUPS)
128 - 7th Avenue SE • Calgary • AB • T2G 0H5
Phone: 221-8790 • Fax: 221-8791

expressed in this newspaper are not necessarily those of **Spare Change**, the editors or publishers. **Spare Change** welcomes your contribution. Letters sent to the editor are assumed to be for publication, unless otherwise indicated. **Spare Change** welcomes

SASKATOON:

127 Avenue D North
Saskatoon • SK • S7L 1M5
Phone: 664-8848 • Fax: 664-8842

written submissions, particularly those submitted on IBM or Mac compatible computer disk, cartoons, photographs or artwork. **Spare Change** cannot accept responsibility for any submission. No part of this newspaper may be reproduced in any form without written permission from **Spare Change**. ♦

PIN House residence helps people coping with mental illnesses

BY LINDA DUMONT

The inner city is one of the few places willing to accept mentally-challenged people.

It's OK to have a heart disease, arthritis, or any number of other ailments, and even borderline OK to admit to being a cancer patient, but when it comes to a mental illness, we are not quite out of the dark ages yet.

There are some places, however, where illness is not a sin.

PIN House is a residence for "mentally-challenged" people in Edmonton's inner city. The phrase "mentally ill" is not considered polite at PIN. PIN stands for People In Need and provides homes and support for people who are hard to place. They operate a number of residences. Many of their clients have been patients at Alberta Hospital.

I walked in off the street, to be greeted by a number of residents and staff in the dining room/kitchen area. At first it was difficult to tell which people were working there and which were residents. Kirby White, a mental health care coordinator at PIN House, took me on a tour of the facility and explained a little bit about how it operates.

PIN House is often the first step out of hospital on the road to independent living. It provides a stepping stone. As residents become more capable of handling their own affairs they transfer to one of the other PIN houses and then on to living independently in an outreach program. There are four PIN houses located in the inner city, all close to one another. The inner city is one of the few places willing to accept mentally-challenged people. It also is easily accessible to other resources.

Most of the residents at PIN House One have been diagnosed as suffering from schizophrenia and manic-depression. Others have suffered from brain injuries. The residence provides them with room and board and recreational activities. Medications are looked after and residents assisted in making appointments. The staff are in regular contact with psychiatric professionals about the needs of their clients.

Eight of fifty-six residents of PIN House have moved on to the out-

person is elated, expansive, or irritable. He or she may talk fast, loudly and often with an inflated, grandiose sense of self-esteem. In a depressive mood there is a loss of interest or pleasure, coupled with feelings of sadness or guilt or worthlessness.

Rick says he was basically manic, rather than depressive. "I was having delusions of grandeur, I thought I was the king of Edmonton." Since his first admission Rick has gone back into hospital on a regular basis, usually when he starts feeling guilty or gets depressed. Rick says that his hospital experiences are one of the best things that ever happened to him. He has so many friends in the hospital. Rick is clear that the illness he suffers from is caused by a chemical imbalance in the brain. In spite of the challenges he faces, Rick remains optimistic.

There is no known 'cure' for many mental illnesses, but with the right combination of drugs, and with luck, many mentally challenged-people can re-enter the work force.

Another PIN House resident, Bill, has worked in a responsible position for years. It was only recently that he felt bold enough to "come out of the closet" and reveal to his employers that he is on medication for manic-depression. His employers were totally supportive.

Bertha lives on her own in an apartment, and is visited weekly by a nurse. She has been well for over a year, with no further outbursts or problems with manic behaviour. Bertha also has a manic-depressive illness. During one of her manic cycles she was told that she was possessed and denounced as a witch, after causing a disturbance in a church. After hospital treatment, and being stabilized with medication, she called back to apologize, only to be told there was a restraining order prevent further contact with the pastors. She watches TV evangelists.

Iris, who has been diagnosed as having schizophrenia, lives on her own with a pension. She's able to take care of herself with the help of regular medication. She avoids crowds because she finds them confusing since at times she sees and hears things that other people don't. Recently, she was told by a church group that because she is schizophrenic she can't go to heaven. ♦

reach program. They are visited three times a week by a nurse and have additional assistance provided as they need it. There is an open door policy so that if they find themselves unable to cope, they can always return to PIN House.

Rick, a resident of PIN House One, was willing to share what life is like for him. He was first diagnosed as suffering from manic-depression three years ago. "I was in a church, crying out to God," says Rick. "And they brought me to the hospital. I was there a month, they gave me lithium." Manic depression is a mood disturbance; the afflicted person is either highly elated, or excessively depressed, or in some cases both, with the

moods alternating. In a manic mood the



▲ PIN House resident, Rick

Excerpt from the book, *Turmoils: On Being a Fragile Manic-depressive Psychotic*

BY MARY ANN HILL

This is a true story of my life as a manic-depressive psychotic. I had a passion to reveal the chaos of this disease and my experiences with what appears like a short-circuit of the brain causing either the depressive or manic episode.

Most of my hospitalizations were involuntary so that my rapport with the psychia-

I was discharged on April 17, 1965 and became employed at a bank shortly thereafter . . . I worked until June 25, 1966 when depression took me over again. I would sit on the balcony of the seventh floor suite that my roommates and I lived in and they later told me they were certain I was going to jump off and commit suicide.

My mom and dad had me readmitted to the Royal Alex psych ward, where I once again had chemotherapy and twelve ECT . . . I remained until July 23. I was readmitted again on August 16 and remained until September 2. I celebrated my twenty-first birthday on the psych ward - something I would never have foreseen for myself. I had three cakes: one brought by my sister-in-law and my brother Andy, one by my roommates and one was baked on the ward by one of the patients.

When I was discharged I went home to my parents, but I insisted on going to Calgary for the Labour Day football game. But instead my dad brought me back to the Royal Alex and I was put on the psych ward.

On the morning of September sixth, I walked out of the Royal Alex. I intended to walk downtown to the MacDonald Hotel, catch the limousine to the airport, and fly to Calgary where I would watch the Labour Day football game.

About half way downtown, a police car pulled up beside me. The officer on the passenger's side asked me where I was going. I told him my plans and he said, "Hop in, we will give you a lift."

It was a lift - to Alberta Hospital. ♦

Mary Anne Hill's biographical story, *Turmoils*, is on sale in several Edmonton-area bookstores.

trists was not always congenial. The names of all individuals mentioned, with a few exceptions, are authentic. If what is said is in any way offensive, please consider that it was my point of view at that particular time and place.

From Chapter Three

. . . In my room, one night, as I went through my Christmas cards, I began to feel remorseful for not having sent any cards to my classmates. In truth I was depressed.

In my (university) psychology class, I challenged the professor on what he was teaching. His lecture was contrary to my experiences as a patient in my two previous psychiatric hospitalizations. I vehemently pursued the argument with him during one of the classes.

On January 14, one of the housemothers and my consulting nurse escorted me from my room, and admitted me to the Royal Alex psych ward. The irony of this second admission to the psych ward did not escape me.

One morning I read on my chart that I was manic-depressive. I was shocked! In the psychology classes we had covered this classification of mental illness, but I could not believe that I, Mary Anne Melnyk, was a manic-depressive psychotic.

The chemotherapy rendered me sluggish and the ten Electro-Convulsive Therapy (ECT) treatments resulted in disorientation and memory loss. I was in a sorry state.

Some myths and facts about mental illnesses

MYTH: People who are depressed aren't suffering from a mental illness. Eventually they will just snap out of it.

FACT: Clinical depression is a mental illness. Although it's almost always treatable, only one in five individuals with a mental illness seeks help.

MYTH: Most people with mental illness are dangerous.

FACT: Violence is not characteristic of mental illness in general.

MYTH: People with mental illness are better off living in institutions where no one has to see them.

FACT: Part of the road to recovery for people with mental illness is interaction with others in the community . . .

Courtesy of the Canadian Mental Health Association, reprinted in *The Bridge*.

The Bridge is a newsletter aimed at "building a bridge between the reality of mental illness and its portrayal in the media". The newsletter grew out of efforts by a Mental Health Media Watch Committee that worked to "reduce the stigma and myths of mental illness as perceived by the public and often perpetuated by the media." The committee responds to news-media coverage, commending stories it finds to be healthful and positive and criticizing those that aren't.

The Bridge is distributed to editors and journalists to encourage them to examine the ways in which they write about mental health issues, or people who have mental illnesses.

"Ultimately, we hope our effort will generate a change in public perceptions and attitudes about mental illnesses and individuals who have a mental illness," says Godfrey Huybregts, a committee member and chairperson of the Schizophrenia Society of Alberta. ♦

7

SPARE
CHANGE
FEBRUARY
1995

Group advocates higher taxes

BY MARJORIE BENCZ

A group of Albertans has taken a controversial approach to dealing with the province's deficit. This group has developed a comprehensive strategy as an alternative to the provincial government's deficit elimination policies. Part of the plan is to increase income taxes by about \$3.35 per week for the average Albertan.

Why should Albertans want to pay more taxes? Nobody likes paying taxes, but progressive income taxes based on an ability to pay are the best way of raising the dollars needed to provide the essential components of community and shared responsibility, says Alternative Solutions for Albertans (ASA), the group that has pulled together the plan. Deanna Williamson, chair of ASA, further explains the group's position: "Those who have said that we cannot afford to maintain our traditional levels of quality health, education and social services have gone completely unchallenged. We can afford to ... the question is why are we allowing ourselves to be convinced that we can't afford it?"

In the summer of 1993, a group of volunteers formed the Alternative Solutions for Albertans (ASA) Foundation, and began to work hard studying the public financial accounts and records of the provincial government. They developed a discussion paper, "An Alternative Approach to Balancing the Alberta Provincial Budget". The paper was distributed in various draft forms and modified in response to suggestions from experts and interested groups.

The outcome is the "Three Point Plan." This document offers an alternative that would eliminate the deficit while preserving health care, education and social service programs. Members of the ASA Foundation have developed only one possible alternative but they believe that there are many alternatives and that Albertans want to participate more fully in the critical debate about the future of Alberta and our social programs. "Albertans do have choices - choices about the way the provincial deficit is eliminated and choices about the kind of province we are creating for future generations, says Deanna Williamson.

ASA's Three Point Plan looks like this:

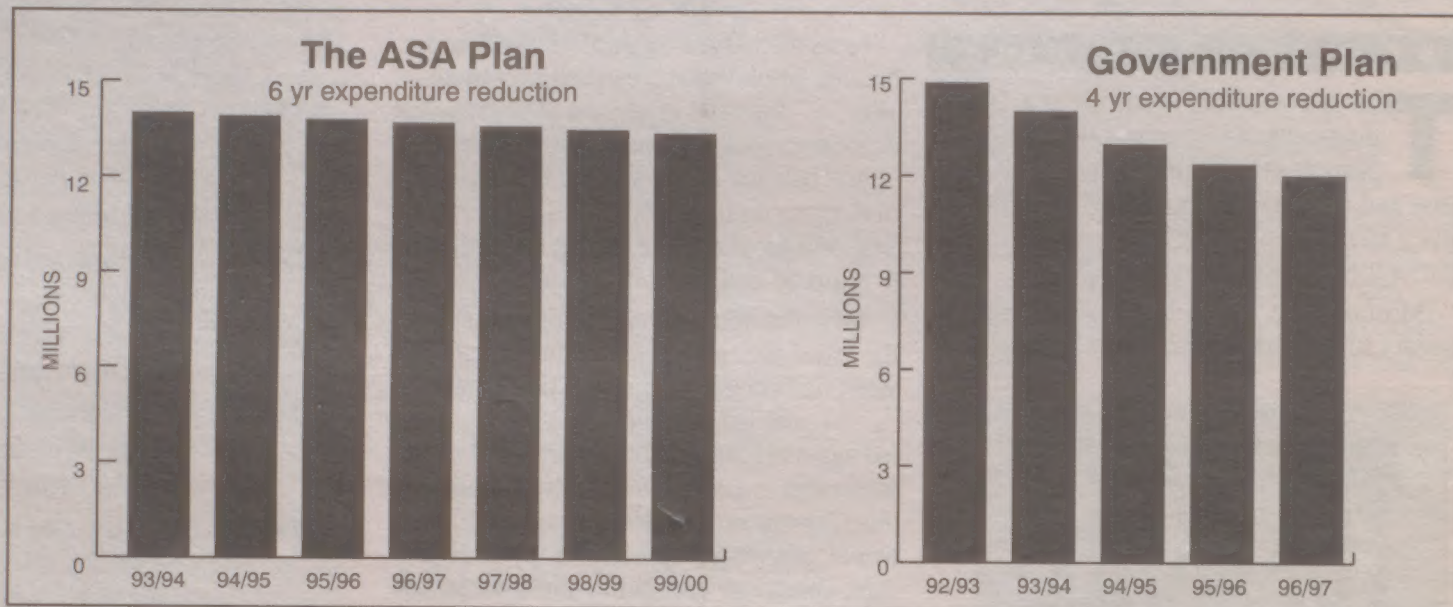
The staff & vendors of SPARE CHANGE would like to thank CITIPAGE for supplying their products to us at cost

CITIPAGE

Ask about our Baby-Beebers

Calgary
235-2020

Edmonton
423-2020



POINT 1

Reduce Spending by 4.4% over the next 6 years

ASA recommends that only 1/4 of the deficit be tackled through spending cuts instead of focusing solely on expenditure reductions. Softening spending cuts from the government's current plan of 20% over 4 years to ASA's recommendation of 4.4% over 6 years means that health care, education and social services will be able to continue providing a competitive advantage for Alberta business and quality individual service for Albertans.

instead of the 4 year time-line currently in place. An extension of the current plan by 2 years will allow for more thoughtful consideration of the impact of the various radical changes being considered. Participation by more Albertans will restore a sense of shared community in which dignity, freedom and opportunity are the right of every Albertan.

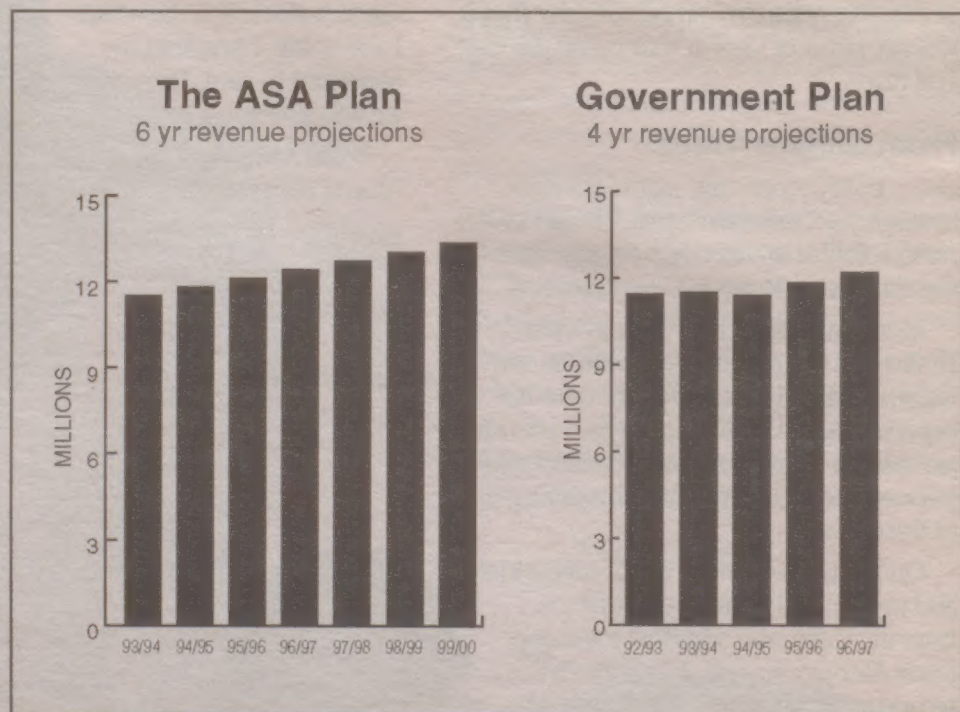
ASA agrees with the Province of Alberta that long-term financial viability and security must be assured. ASA says Albertans will ultimately prefer to pay slightly more to support

essential public services through fair taxation than through indiscriminate user fees and private services, such as additional health insurance and kindergarten fees. "We will pay, one way or another. Alberta is a rich, prosperous province with a secure future. It makes no sense to devalue essential programs and services only to have to recreate these programs in five or ten years at an even greater cost. We must plan and think through the long term implications of the radical financial direction being taken in our province," concludes ASA. ♦

POINT 2

Increase revenues by 16% over the next 6 years

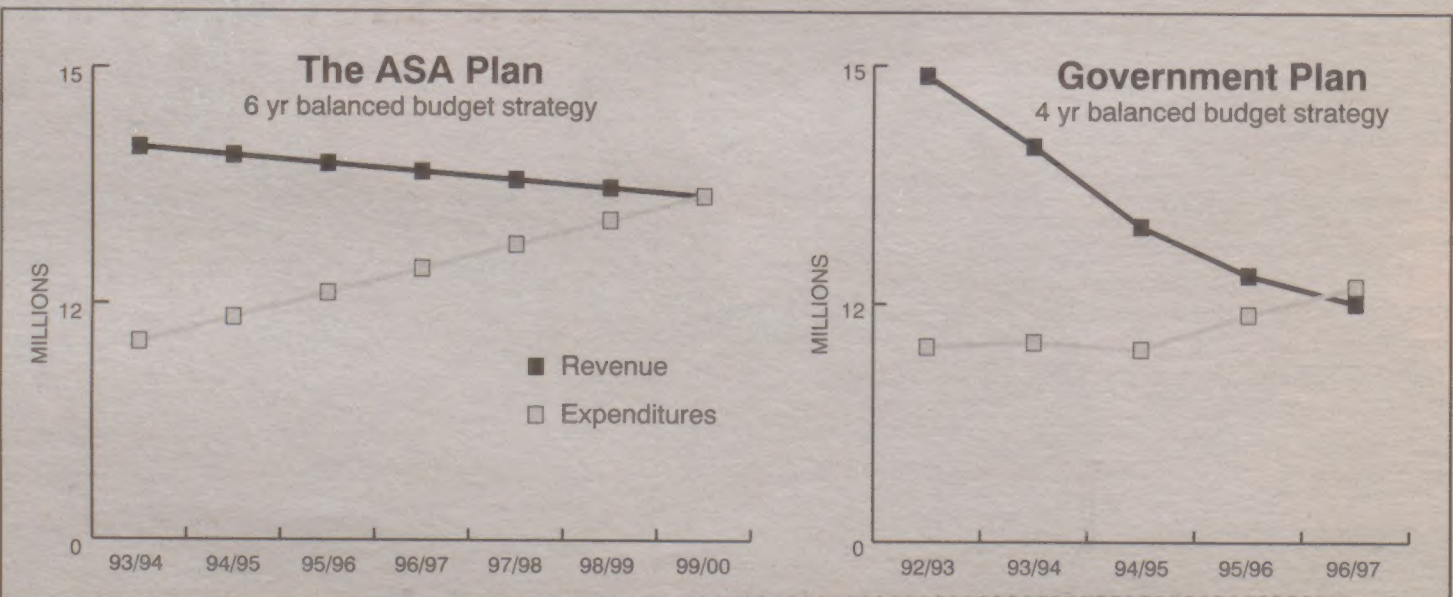
ASA recommends that 3/4 of the deficit be eliminated by increasing revenue by 16% over the next 6 years. Because of Alberta's much lower-than-average tax rates and higher-than-average tax base, increasing revenue from personal income and other taxes is the best way to eliminate the deficit while preserving quality services.



POINT 3

A six year deficit elimination strategy

ASA recommends a deficit elimination plan with a 6 year time-line



Save the animals, what about the people?

Animals are rougher than you might think. Not only do they kill and eat each other, they're also frequently hard on people. According to recent figures 53,000 humans were killed by wild animals last year, including 300 by lions and 50,000 by snakes. No one, apparently, was savaged to death by polar bears, although Chen Tang came pretty close in Beijing. Mr Tang threw himself into the polar bear enclosure at Beijing Zoo after failing his hairdressing exams. "Eat me!" he screamed as he tried to goad the bears into action.

Eventually one of them picked him up and dunked him in a pool, whilst another hit him with a fish and tried to mate with him. Zoo attendants stood outside the enclosure laughing. "They wouldn't have eaten him," declared one later, "He stank of failure." ♦

Strange twists in marriage

Who says that couples no longer work at their marriages? In Iran, a 105-year-old man has finally divorced his 100-year-old wife on the grounds that he hasn't trusted her for the last 80 years. Mohammed Bahrami first became suspicious around 1915, when he saw his wife talking to a neighbour, but decided to give her the benefit of the doubt. However, a series of incidents over the next three-quarters of a century – including his wife's persistent refusal to turn on the radio for him – persuaded Bahrami that she was "faithless as a fat marsh toad", and he now wants to "make a new start".

Cecile Le Doc of Nice, France, was less restrained when she discovered that her husband's 28 pound pet turtle, Plastic Bertram, was a present from his mistress. After informing him that Plastic Bertram was "more of a man than you'll ever be", the normally docile Mrs Le Doc picked up the unfortunate turtle and hurled it at her spouse, hitting him on the head and killing him. Initially she told police that the turtle had attacked Mr. Le Doc, but later admitted the truth. The trial continues. ♦

From *The Big Issue*, London.



R.R. #3
FORT SASKATCHEWAN
ALBERTA. T8L 2N9

ASHTON TRANSPORT LTD.

MAURICE & ANGELIKA RINGUETTE
Owners – General Managers

BUS. : (403) 998-7511 MOBILE 445-8657
FAX : (403) 998-7516 1-800-661-5420 RES. 998-7211

CAMERON DRIVER EDUCATION LTD.
15829 - 116 Avenue Bay 8, 7439 - 49 Ave. Crec.
Edmonton, Alberta Red Deer, Alberta
455-8157 341-4711

INSTRUCTION FOR CLASS: 1 AND 3
EXTENDED LENGTH / DANGEROUS GOODS
DRIVER EVALUATIONS
PROFESSIONAL DRIVER IMPROVEMENT COURSE
AIRBRAKES



K.W. CAMERON
President

J.E. (Jim) Baumgartner
General Manager



VAN LEEUWEN PIPE AND TUBE

2875 - 64th Avenue
Edmonton, Alberta, Canada
T6P 1R1

Telephone: (403) 469-7410
Telefax: (403) 466-5970

MOVIE Review

Is *Little Women* for men too?

BY DEANNA DOUGLAS

From time to time Hollywood brings us a movie that is full of emotion – and low on action. By the end of the first week of release they are labelled "women's movies" and from then on it takes the combined effort of a wife, sister and mother to get most men into the theatre. Does *Little Women* deserve to belong to the Ladies Only club?

Little Women is based on Louisa May Alcott's nineteenth century American classic about the lives and relationships of four sisters as they mature into young adults. They experience the joys of family, new experiences and ideas, and, of course, love – as well as the pain of disappointment, disease and disaster. At this point the average male is probably getting ready to check out. There is, however, an aspect of this film that should appeal to everyone, regardless of gender. *Little Women* is an emotionally intense movie that is about life and

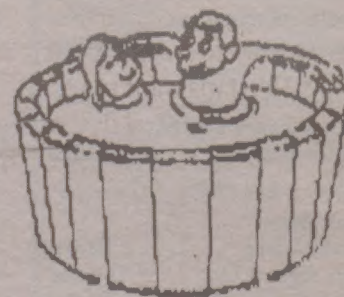
how it can – and should – be lived. What its characters do and think is entertaining, but it is the full and energetic way they do so that has real appeal.

The cast is strong, and the characters are well-developed, if idealized. Some of the imagery is syrupy sweet by today's standards, and although the social and personal ideas presented are no longer avant-garde, they can serve to remind us of the plight of the many people around the world who remain socially and economically disadvantaged (and what we can do to change that). Give *Little Women* a try. I think you'll find yourself enjoying it, and coming away reminded of what life is all about. If not, feel free to drop me a line at Spare Change to suggest the kind of movies you would like us to cover.

And the next time someone invites you to a "women's movie" remember: you'd, better just say no. ♦



FACTORY DIRECT HOTTUBS



Check out
FACTORY DIRECT'S SPAS
before you get into hot water.

FACTORY DIRECT HOTTUBS IS
PROUD TO ADVERTISE IN THIS ENTREPRENEURIAL SPIRITED
NEWSPAPER. GOOD LUCK TO ALL THE VENDORS.

1602 MERIDIAN RD. NE
(corner of Barlow Tr. & 16 Ave. NE)

STORE HOURS:

Mon-Fri 10:00 am - 8:00 pm

Sat 10:00 am - 5:00 pm • Sun 12:00 pm - 5:00 pm

Tel: 273-4928 • Fax: 273-4746

► **Relax** & enjoy the comfort of using your own Spa.

► **For** socializing and/or therapy, there is nothing like having your own Spa.

- Calgary's only Spa Manufacturer
- Guaranteed fair pricing policy
- No commission sales staff • Free Spa water testing

► **We** invite all our customers to tour our state-of-the-art Factory and then try out our finished Spas.

Please don't forget to bring your bathing suits.

STREET • Guide

CALGARY

ADVOCATES

- **Calgary John Howard Society** 266-4566
- **Calgary Legal Guidance** 234-9266
- **Elizabeth Fry Society** 294-0737

AIDS

- **Aids Calgary** 288-0155
- **Sexually Transmitted Disease Services (STD clinic)** 297-6562

DISTRESS LINE

- **Canadian Mental Health Suicide Services** 297-1744
- **Community Resource Team** 299-9699
- **Distress Centre/Drug Centre** 266-1605
- **Kids Help Phone** 1-800-668-6868
- **Parents Anonymous** 265-1117
- **Telecare Calgary** 266-0700

EMERGENCY SERVICES

- **Child Abuse Hot Line**
call the Operator ('0'), ask for Zenith 1234
- **Emergency Social Assistance**
(also for runaways) 270-5335

FAMILY SERVICES

- **Calgary Urban Projects Society**
Family Resource Centre 221-8799

FOOD

- **Interfaith Food Bank**
7475 Flint Road, SE 253-2055
- **Salvation Army Food Bank** 269-5951
Daily meals are served at a variety of locations.
Call for information 221-8780

HOUSING

- **Connection Housing Society of Calgary** 128 - 7th Ave. SE 232-6777

MEDICAL CARE

- **Calgary Urban Projects Society**
Health Centre 221-8780

SHELTER (Short Term)

- **Alpha House (alcohol)** 234-7388
- **Drop-in Centre** 266-3600
- **Native Women's Shelter** 531-1972
- **Salvation Army Booth Centre** 262-6188
- **Women's Emergency Shelter** 232-8717
- **Servants Anonymous** 237-8477

YOUTH SERVICES

- **Alberta Safe House Society** 244-4737
- **Avenue 15** 244-4847
- **EXIT Community Outreach** 262-9953

EDMONTON

ADVOCATES

- **Bissell Centre**
10527 - 96 Street 423-2285
- **Boyle Street Co-op**
9720 - 102 Avenue 424-4106

DISTRESS LINE

- **482-HELP** 482-4357

EMERGENCY SERVICES

- **Emergency Social Services** 427-3390
- **Sexual Assault Centre**
24-hour crisis line 423-4121
- **Women's Emergency Accommodation** 423-5302
- **Win House** 479-0058
- **Lurana Centre** 424-5875
- **Herb Jamieson Centre**
10014 - 105A Avenue 429-3470
- **A Safe Place** 464-7233
- **Emergency Relief Services** 428-4422

FOOD

- **Main Food Bank** 425-4190

DETOX CENTRES

- **AADAC Recovery Centre** 24 hrs.
10302 - 107 Street 427-4291
- **George Spady Centre**
10015 - 105A Avenue 424-8335

HEALTH SERVICES

- **AIDS Network**
#201 - 11456 Jasper Avenue 488-5816
- **Boyle-McCauley Health Centre**
10628 - 96 Street 422-7333
- **Birth Control Centre**
#200 - 10036 Jasper Avenue 425-5850
- **Sexually Transmitted Disease Services**
10105 - 109 Street 427-2834

LEGAL SERVICES

- **Student Legal Services** 492-2226
- **Legal Aid**
#300 - 10320 - 102 Ave. 427-7575

SENIORS

- **Operation Friendship**
9526 - 106 Avenue 429-2626

YOUTH SERVICES

- **Crossroads** 474-7421
- **Boyle Street Co-op Youth Outreach** 424-4106
- **Youth Emergency Shelter**
9310 - 82 Avenue 468-7070
- **Inner City Housing Project** 424-7866
..... or 479-1609

SASKATOON

ADVOCATES

- **Hands-on Street Ministries**
(Drop In Center)
117A - 20th Street West 653-4182
- **Saskatoon John Howard Society**
171 - 2nd Ave. South 244-8347
- **Alcoholics Anonymous**
24 hour information 665-6727
- **Elizabeth Fry Society**
307 - 135 21st Street East 934-4606
- **Family Support Centre**
315 Avenue M. South 933-7751

DETOX CENTRES

- **Larson House**
130 Avenue O South 244-1385
- **Calder Centre** 933-5867
Outpatients Clinic 933-5867

EMERGENCY

- **Saskatoon Crisis Intervention**
1410 - 20 Street West 933-6200
- **Child Abuse & Neglect** 933-6200

FOOD

- **Saskatoon Food Bank**
202 Avenue C South 664-6565
- **Friendship Inn**
619 - 20 Street West 242-5122
- **Salvation Army**
339 Avenue C South 244-6280

HEALTH SERVICES

- **Mental Health Clinic**
165 - 3rd Avenue South 933-6500
- **AIDS - Saskatoon**
414 - 220 3rd Avenue South 242-5005
- **Society for Depression**
304 - 220 3rd Avenue South 242-1833
- **STD Clinic**
(Sexually Transmitted Disease)
310 Idylwyld Drive 655-4642

SHELTER

- **Salvation Army**
339 Avenue C South 244-6280
- **Interval House**
712 Victoria Avenue 244-0185
- **Y.W.C.A.**
510 - 25 Street East 244-0944
- **Saskatoon Rainbow Centre** 683-1925
- **New Start Homes**
127 Avenue D. North 664-8848

YOUTH

- **Saskatoon Downtown Youth Centre**
301 - 1st Avenue N. 931-6644

SIGNS • for the Times

BY ELYSE FREEMANSON

Aquarius



JANUARY 21

FEBRUARY 19

Happy Birthday, my humanitarian friends! Because this is your month of birth, it sets off a whole new cycle for the year for you. This is a great month for you to shine and make new friends and enjoy lots of various social activities. It's also a great time to make some real changes in your life or start some new interesting projects. As for your health, overall, it looks pretty good; just keep up your special health and exercise regime in order to enjoy everything else.

Taurus



APRIL 21

MAY 21

The most important thing you can do this month is to try and maintain a calm, detached attitude. You may be feeling some frustration that things are just not going fast enough, especially to do with your job situation or career interests. Actually, a lot of you will be feeling this way about your romantic interests (or lack thereof) this month also. Be as patient as you can Taurus; there are changes coming very soon in your lives.

Leo

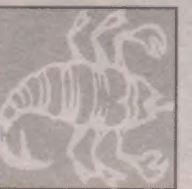


JULY 24

AUGUST 23

Leo's are the natural "lovers" of the zodiac, and this month most of you will be simply oozing magnetism and sexy vibes. So get out there and go for the gusto! If you are currently committed to one special person, you will want to pull out all the stops and celebrate a very romantic Valentine's Day with them. You love to spend money, and this is another of those special times when you will do so. However, keep tuck-away a little cash whenever you can.

Scorpio



OCTOBER 24

NOVEMBER 22

Financially, Scorpios, this month is just the start of brand new and interesting ways of making some dough. Use your natural intuition and try to think of innovative ways to make that cash flow a reality in your life. You can do it - especially if you also continue to control the excesses you are well-known for (food, drink, sex, etc.) Romantically speaking, a lot of you would like to have more permanence and commitment with that special someone. Good luck.

Pisces



FEBRUARY 20

MARCH 20

Dear intuitive, sensitive Pisceans, keep on believing in your dreams. If you stay in touch with your innermost feelings, they will always guide you in the right direction. This month your love life is conservative, your financial picture will begin to improve, and your health is basically sound. However, it's still very important to emphasize excellent health habits.

Gemini



MAY 22

JUNE 21

Boredom is one of your worst enemies, Gemini. It can lead to all sorts of problems for you, especially romantically! One of your secret fantasies is to have a variety of romantic partners; each one fulfilling a different need. Nice fantasy, but reality intrudes, alas. Try to commit to just one special person at a time; less complicated and less hurt feelings all around. Use your boredom to try out all sorts of other interests you may be curious about. Fun educational courses come to mind.

Virgo



AUGUST 24

SEPTEMBER 23

In the area of health, it is still very important to take very good care of yourself. This month is actually fairly good as far as health issues go. There is the possibility that many of you may meet someone special this month, the focus being on a more "serious" type of relationship. A lot of you may be feeling a strong need for more freedom and change in your lives in some way. Go for it!

Sagittarius



NOVEMBER 23

DECEMBER 21

Ah, you luck Sagittarians! The planetary energies are extremely positive for most of you right now, especially in the areas of just plain good luck romantically and financially. You are beginning a new cycle of much more energy and confidence that will be attracting many wonderful new social contacts, personally and career-wise. On another note, in order that you enjoy this cycle to the fullest, you must get lots of rest and avoid all sorts of over-indulgences. Think health!

Aries

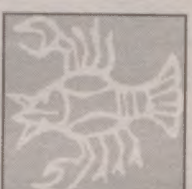


MARCH 21

APRIL 20

Ariens, this is another month where a lot of you are still in somewhat of a holding pattern as far as your romantic relationships go. It is a much better time to focus on increasing and enjoying new friendships in your social and business or career areas. You will have to just keep plugging away this month in all the areas of your life, including your health agenda. Stop trying to over-do so much. Take a break!

Cancer



JUNE 22

JULY 23

This month's planetary influences look very promising for most of you in all the important areas of your life. The major focus for many of you will be the financial arena, specifically, shared resources. It should be a good month for working and making money. Romantically, and socially, you will most likely be pretty pleased with the way things are going. Healthwise, you should be feeling fairly energetic also.

Libra



SEPTEMBER 24

OCTOBER 23

The main focus this month has to do with your work and health. A lot of you may be feeling stressed-out due to extra hard work and responsibility on the job. This in turn could lead to you experiencing all sorts of little or minor health ailments during the month. So try and relax; for the most part, there's certainly nothing serious to be concerned about. On a happier note, you romantic Librans will have lots of chances in romance; you'll be wanting to spend Valentine's Day with someone special.

Capricorn



DECEMBER 22

JANUARY 20

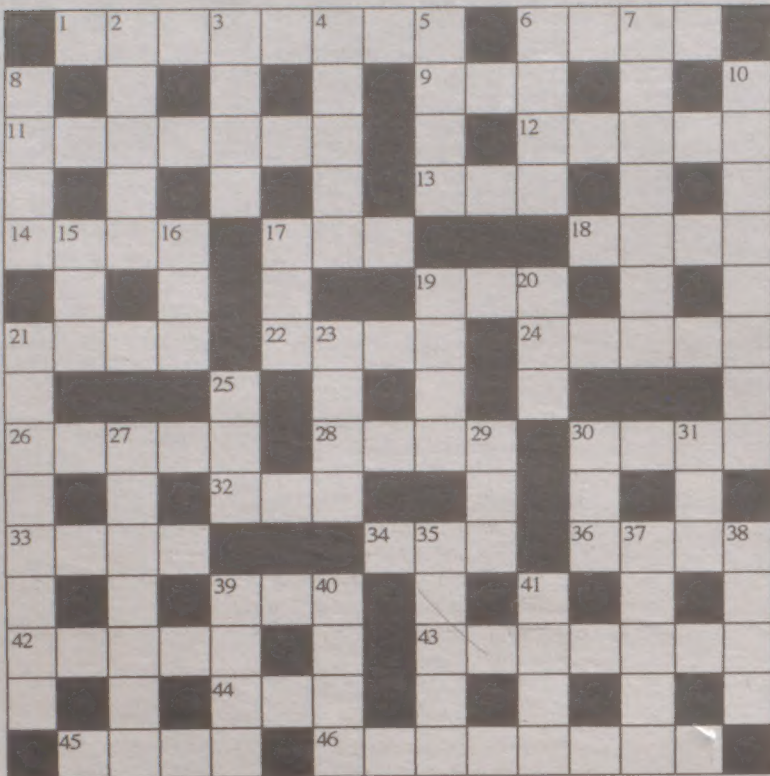
Financial matters are very much on your mind this month. The overall picture looks very promising, especially after mid-February. Again, keep in mind the fact that the healthier you are, the more positive results you will reap from everything else. If we don't have our health, it's pretty hard to accomplish all that we want in life. You can sometimes be a bit of a workaholic, so try to remember to pay a little more attention to loved ones in order to keep your relationships running smoothly.

CROSSWORD • Puzzle 13

ACROSS

- 1 Oily (8)
- 6 Disputed (4)
- 9 A time (3)
- 11 Nutriment (7)
- 12 Souvenir (5)
- 13 "Gold Bug" author (3)
- 14 Cool supervisor? (3)
- 17 Sacred chest or big boat (7)
- 18 Little against (4)
- 19 French friend (3)
- 21 Whirlpool (4)
- 22 French down (1,3)
- 24 Waterpipe (5)
- 26 Gave medication (5)
- 28 Quick movement, especially through air (4)
- 30 Latin good (4)
- 32 Not on (3)
- 33 Wine-producing valley (4)
- 34 Bacon, lettuce & tomato (3)
- 36 Sailboat (4)
- 39 Semicircle (3)
- 42 To derive pleasure (5)
- 43 Brooding (7)
- 44 Tide's low (3)
- 45 Yours & mine (4)
- 46 Startling! (8)

BY SUSAN ANDREWS



Answers to January Crossword #12

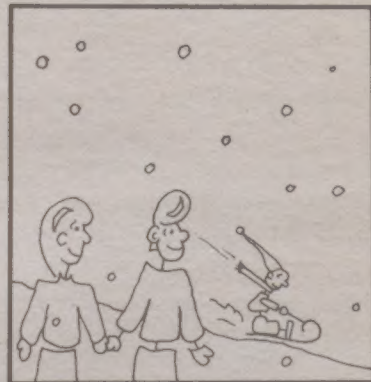
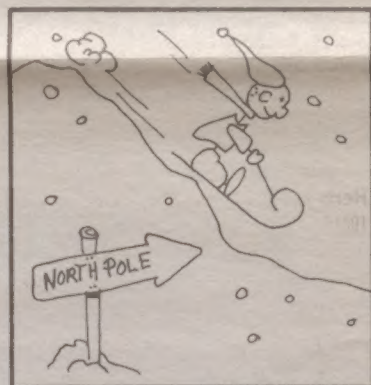
CLEANSHAVEN ABS
A N A A O AGRU
DODGE MERIT GAB
B E A A TOO C
GIMMICK CHE STU
L I N E I R H L
OBLIGATIONS MET
S E T U I U
SIS ILLUSTRATOR
E A M E L A R E
DEB BAD YAWNERS
O A L I R W O O
VAT BLUES BWANA
E T E E M I O N I
RAY DESECRATION

► Puzzle 13 answers will be published in the March issue of *Spare Change*.

DOWN

- 2 Drive'em home (5)
- 3 French very (4)
- 4 Not inside (5)
- 5 Half a seamstress (4)
- 6 Adult female horse (4)
- 7 Tilda Swinton's hero(ine) (5)
- 8 Dress (4)
- 10 To set in motion (3)
- 15 How strange! (3)
- 16 Tofu base (3)
- 17 French with (1,2)
- 19 Spore sac (4)
- 20 Used as a monogram for Jesus (3)
- 21 Bring into trouble (8)
- 23 To polish in the nude (4)
- 25 Big fuss, especially about very little (3)
- 27 Capuchin (7)
- 29 Tit for ____ (3)
- 30 Brown horse with black mane & tail (3)
- 31 Just introduced (3)
- 35 Neither here nor there (5)
- 37 To line up (5)
- 38 Falls behind (4)
- 39 "The ____ have it" (4)
- 40 Corny male swans (4)
- 41 To pawn a horse's ankle (4)

A NATURAL ACT



OVERKILL



SOUPLINE BOB



Drawn from the street

Get a job!

BY ROBERT RICH

One day as I was sitting in a restaurant a friend came along and asked me point blank: "Why don't you get a job?"

"Well," I said, "the reason I can't get a job doing anything is because nobody will give me a job doing anything."

"Get a job for \$5 an hour."

"The reason I don't get a job for \$5 an hour is because nobody will give me a job even for \$5 an hour."

Finally, he said, "You're starting to get on my nerves."

I could very well have said the same thing.

I've never been able to figure out why some people can't seem to understand the simplest thing. There's only one possible way to get a job: someone must hire you.

If there are no jobs, you're not likely to get one.

Another common fallacy is that going to school ensures you'll get a job. Granted, the few jobs that are available today probably require more education than they did in the past. However, that doesn't alter the fact that there is no use training for jobs that don't exist.

One day a woman came up to me in The Club and said, "Why don't you go to a community college?" And I said, "Perhaps when you ask people personal questions you shouldn't make assumptions about their curriculum vitae."

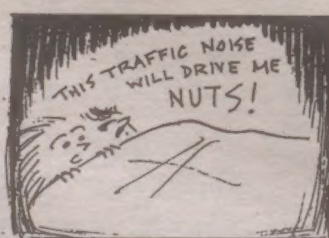
I did go to community college. I studied at all kinds of community colleges. And I know for a fact that it wasn't my curriculum vitae that she was after.

What we need to do is create more jobs. There simply aren't enough jobs for the number of people who are looking. I've heard of Welfare sending around a 60-year-old man with a job search form. Even if he could get a job, which is highly unlikely, it's a waste as long as people who are 23 or 24 can't find work. They still have time to do something with their life. For me, it's too late. But so what? I've already made and lost a fortune.

What we have today is a whole lot of young people who have never known the dignity of working and living decently. In short, they've lost their self-respect. No, worse than that, they've never known what it was like to have self-respect in the first place. Let's try to save these people.

For me, it doesn't matter. It's too late. The only job I can get is selling the newspaper, and to tell you the truth, it doesn't pay too much. ♦

Article and cartoons from **Change Illustrated**, a special edition of Vancouver's street newspaper, **Change**.



Have a hard time getting your copy of **Spare Change**?

Just \$30 a year will get you all 12 issues of the newspaper. **YES, I want to subscribe.** I am enclosing \$30 (cheque or money order) for my 12 issues.

Mail to: **Spare Change**
10527-96 Street
Edmonton, AB
T5H 2H6

(FOR INTERNAL USE ONLY)

0165
VENDOR

Spare Change is a street newspaper, sold on the street for the benefit of the street vendors. Due to demand, however, we want to offer subscriptions by mail as well. Vendors will still benefit from subscriptions. Of your \$30 subscription, \$10.60 goes toward mailing costs, \$7.40 goes to printing and production, and of the remaining amount, \$6 goes directly to the vendors who sell you your subscription and the other \$6 goes to the vendors who mail you your copies.

Name _____
Address _____
City _____
Postal Code _____

Spare Change

Helping People Help Themselves